QUEEN OF THE THRONES®

Castor Oil & your Thyroid Health

So You Can Know The Way Of Your Thyroid

Dr. Marisol Teijeiro ND (inac), BA
Reviewed By: Victoria Williams, RHN

Get to know the way of your thyroid

You strongly suspect or know you have a thyroid condition because of your daily occurrence of debilitating symptoms, from the time you wake up in the morning until you go to bed at night, right?

Anxiety, depression, fatigue, weight gain, constipation, foggy brain, heartburn, gas, bloating, skin rashes and so much more. Feel like you are reaching for a bunch of mismatched pieces in hopes to patch up the holes but fi nd there is no real solution in sight? **Do you see yourself in this picture?**

Where do you fall on the thyroid spectrum?

Hypothyroid:

- Weight Gain
- Constipation
- Always tired, poor sleep
- Depression
- Hashimoto's Thyroiditis
- Hair thinning/hair loss
- Low B12
- Low Iron (Anemia)
- Problems TTC (trying to conceive)
- Irregular Periods
- Foggy Brain
- Low Heart Rate

Balanced (middle)

Hyperthyroid:

- Loose Stools
- Insomnia (can't sleep)
- Fluctuating weight loss
- Anxiety
- Grave's Disease
- Hair Thinning/hair loss
- Low B12
- Low Iron (Anemia)
- Problems TTC
- Irregular Periods
- Foggy Brain
- Heart Palpitations

Are you somewhere in between? There are also other conditions associated with these... In my practice I suspect everyone walking in has a thyroid condition if they have stress in their life. Male AND female! From puberty onward. Is this you? Or your daughter, son, husband, partner, mom, dad, friend? Yup, that was me too.

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Why practice castor oil rituals so you can know the way of your thyroid?

Your Body Clock™ is the **natural rhythms and cycles of your body with nature**, such as:

- The moon and planets (ie. mercury in retrograde)
- Emotional stressors (like a breakup orloss of a job)
- Environmental stressors (like the covid pandemic or the Spanish flu that happens from time to time in life)
- Monthly menstruation
- Ebbs and flows of the tides

We are all one and we are all aligned. **Your thyroid is what keeps you on beat with these natural rhythms, living life to your fullest** by naturally:

- Pooping in the morning
- Sleeping through the night
- Waking up rested and like new
- Menstruating on moon time (full or new moon)
- Feeling balanced hormonally in your body, mind and soul

Would you love that?

A Note On Thyroid Testing...

Your thyroid impacts your entire body, but when testing the thyroid, **doctors often only test TSH!** Most people have to beg for a T3 and T4 test.

But often disregard or don't properly analyze a thyroid antibodies test panel (antithyroid peroxidase and antithyroglobulin).

Plus other important metabolic markers like:

- CBC (complete blood count)
- Liver and kidney enzymes
- Mineral and acid base balance
- Inflammation markers

And so much more. Please stay tuned to your emails during the week, Instagram posts, TikToks and YouTube videos (@queenofthethrones) so you can know The Way Of Your Thyroid!

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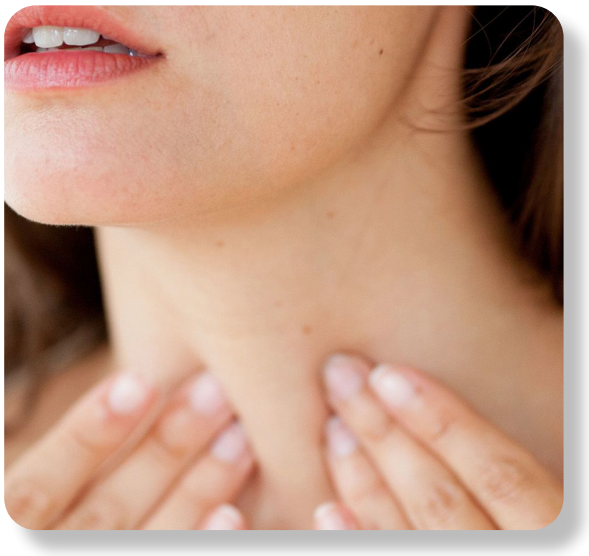
Why practice castor oil rituals so you can know the way of your thyroid?

For the thyroid to heal, the body needs to be in good fl ow, in concert with the rhythms of life. **Cleansing through pooping, resting through sleeping, healing through balanced infl ammation.**

- **Is your hair brittle and falling out?**
- **Are your crows feet getting deeper?**
- **Are you getting rashes on your chest?**
- **Are the circles under your eyes getting darker?**
- **Are you fi nding dryness or hyperpigmentation of your skin?**



Because of your hypo or hyperthyroid, the rhythms of your Body Clock™ aren't playing like a sweet symphony, and **your insides reflect on your outside appearance.**

Thyroid conditions have been affecting women since the beginning of time, and this is why we look up to beauty icons like Farah Fawcett, Sophia Loren, Rachel from Friends, Cleopatra, Rapunzel or Audrey Hepburn.

Castor oil rituals for your skin and body help you cleanse, rest, and heal, nourishing and balancing your thyroid **so that you can feel good and beautiful in your own skin.**

Check out the next page to see how it's done.

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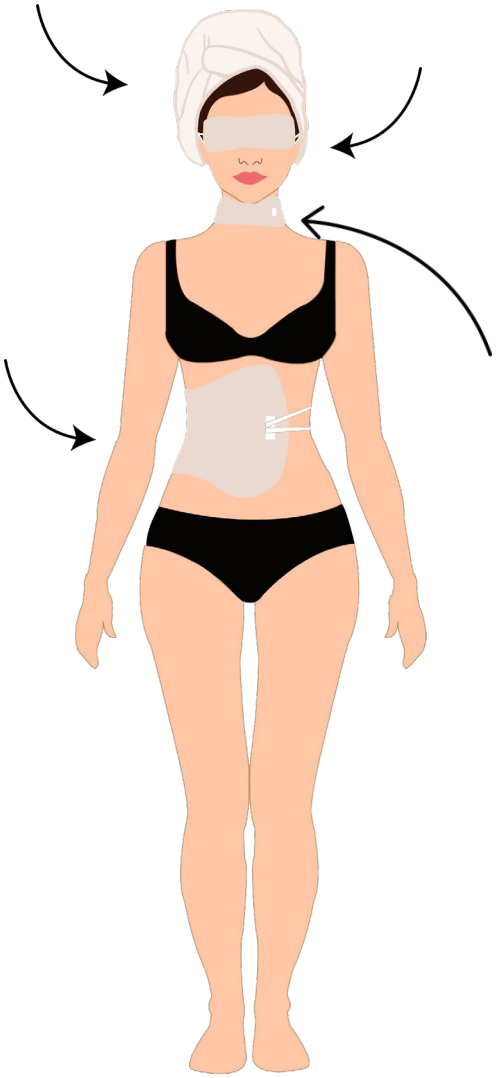
Castor oil for thyroid health

Dream Hair Kit

- Hair Loss
- Thinning Hair
- Brittle Hair
- Dry Hair
- Dandruff

Castor Oil Pack

- Constipation
- Diarrhea
- IBS
- Infertility
- PCOS
- Endometriosis
- Ovarian Cysts
- Estrogen Dominance
- Irregular Periods
- Period Cramps
- Liver Cleansing
- Bloating/Gas
- Hot Flashes/night sweats
- Indigestion
- Acid Reflux
- Gallbladder Stones



Sleep Mask

- Insomnia
- Sleep Problems
- Fatigue
- Eyebrow Thinning
- Dark Circles under eyes
- Graceful Aging
- Headaches

Thyroid Pack

- Hyperthyroid
- Grave's Disease
- Graceful Aging for the skin on the neck
- Self Care & Prevention during stressful times (ie. postpartum, menopause).
- Thyroid nodules/cysts
- Hypothyroid
- Hashimoto's Thyroiditis
- Goiter
- Inflammation

These tools are **good for all conditions, whether hypo or hyper because they are BALANCING**; they always help you move toward the middle of the spectrum.

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The castor oil tools that make your daily rituals easy

Dream Hair Kit

Are you sick of seeing your hair fall out down into the drain every time you shower? It's a common occurrence for you whether you have hypo or hyperthyroid. **The Dream Hair Kit** is your new system to nourish, repair and support your hair growth overtime. It's a calming hot oil hair treatment done **once a week** (or two or more times per week if you have extreme hair loss!).

It's so relaxing, it reminds me of the hot oil hair treatments of the 90s. You can even add in essential oils if you like!

★★★★★

"Helping with texture & thinning!"

I was super skeptical that castor oil would help solve my hair problems. At age 31 my hair was getting thinner and I was losing clumps of it in the shower. I decided to take a chance and try this product and do the full treatment with the castor oil, hair pick & hair wrap once per week. WOW! I am loving it! The castor oil is really helping improve my hair texture and it's not falling out nearly as much. It looks & feels way healthier. Super happy with this product! I will be recommending this to my mom & sister!

- Jenn P.

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Castor Oil Eye Compress Kit

You're not falling asleep, staying asleep or you're waking up feeling groggy and tired all the time. Wearing a Circadian Sleep Eye Mask to bed helps naturally balance your melatonin[1] by blocking out the light at night, but allowing the natural sunlight in each morning. This connects you, your thyroid and hormones in balance with the rhythm of the day and night cycle.

Would you love to wake up feeling like new after a deep, restful sleep? Plus feel like you look better too?

Always getting throbbing headaches that feel like a cavity in your tooth that needs to be filled? The Circadian Sleep Eye Mask in the Beauty Sleep Brow & Lash Kit helps soften the pain.

The Beauty Sleep Brow & Lash Kit is **a 2-in-1 system that helps you get your 'beauty sleep'** and also supports:

- Naturally long, lush peacock-like lashes
- Bold, beautiful Audrey Hepburn-esque brows
- Blindingly bright eyes with no dark circles dimming their light
- Collagen plumped crow's feet

Do this castor oil sleep ritual every night before bed so you can wake up feeling like NEW every morning and become the beauty icon that's been inside you all along.

★★★★★

"Better Brows & Lashes!"

I have thinning light colored brows and very short lashes. At three weeks of use I am already seeing darkening and growth on my brows and lashes. The puffi ness under my eyes is diminishing greatly.

- Victoria R.

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Castor Oil Pack for Liver Kit

Your thyroid sets the pace of your life. Kind of like a fine quartz watch, your thyroid never skips a beat and keeps time in perfect rhythm. When your thyroid is off , whether it be hypo or hyper, time stands still. It becomes stuck, like whiplash, and all of the other systems in your body are thrown off by the chain reaction.

Insomnia, anxiety, fatigue, weight fluctuations, constipation, brain fog, indigestion, skin issues... You may not think these are related to your thyroid but the issues cascade throughout your entire body.

The Castor Oil Liver Pack is one of the OLDEST self care rituals in the world. From Traditional Chinese Medicine to Indian Ayurveda to modern Naturopathic Medicine, it has withstood the test of time for centuries in cultures all over the globe. Amazing, right?

It's a nightly ritual worn over the liver **for at least 1 hour (or ideally overnight)** for physical and spiritual wellbeing, so you wake up feeling like NEW every single day.

How does a Castor Oil Liver Pack work?

Helps regulate bowel movements by supporting smooth muscle function[2 3]

Promotes feelings of relaxation and deeper sleep via release of oxytocin and dopamine[4 5 6 7]

Reduces inflammation in the body[8]

Enhances circulation and liver cleansing via nitric oxide[9], glutathione[10] and other antioxidants[11]

Supports healthy microbiome balance via biofilm breakdown[12 13 14]

★★★★★

"Life changing!"

These products have changed my life! I'm sleeping better, pooping better, and so have more energy!

- Sarah S.

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Castor Oil Thyroid Pack Kit

The thyroid is a gland of transformation; it's fitting that it's shaped like a butterfly! The humble caterpillar crawls along the ground on its belly until it's ready for it's transformation. It builds a cocoon then emerges in it's full expression of life, a beautiful butterfly.

When you have thyroid problems, your butterfly cannot soar. You want to fly, right?

A small castor oil pack placed locally on the thyroid is used to directly nourish and support your butterfly, helping you step into your full expression of life. Castor Oil Thyroid Packs have traditionally been used for:

- Reducing inflammation and swelling (thyroiditis)
- Thyroid nodules
- Hypothyroid & hyperthyroid
- Hashimoto's thyroiditis
- Grave's disease
- Thyroid cancer
- Hormonal balance
- Improving thyroid-related symptoms like constipation, loose stools, headaches, rashes, sleeping problems, anxiety, depression, etc.
- Graceful aging of the neck
- Throat problems/hoarseness

And more!

This ritual is done **every night for 1 hour or more**, just don't wear it to bed because the adjustable strap could be uncomfortable during sleep and may be a choking hazard.

Castor Oil Thyroid Packs are supportive of all conditions, but should be AVOIDED DURING PREGNANCY.

★★★★★

"My thyroid antibodies are down!"

I love that it's organic and comes in a glass bottle. I've used it so far on my liver, thyroid and as a facial cleanser. My thyroid antibodies are down! Also, my skin is so soft, my lashes are longer & my eyebrows are filling in.

- Melissa H.

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Your weekly castor oil ritual for thyroid health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CASTOR OIL THYROID PACK (1 HR+)	CASTOR OIL THYROID PACK (1 HR+)	CASTOR OIL THYROID PACK (1 HR+)	CASTOR OIL THYROID PACK (1 HR+)	CASTOR OIL THYROID PACK (1 HR+)	CASTOR OIL THYROID PACK (1 HR+)	CASTOR OIL THYROID PACK (1 HR+)
CASTOR OIL LIVER PACK (1 HR OR OVER-NIGHT)	CASTOR OIL LIVER PACK (1 HR OR OVER-NIGHT)	CASTOR OIL LIVER PACK (1 HR OR OVERNIGHT)	CASTOR OIL LIVER PACK (1 HR OR OVER-NIGHT)	CASTOR OIL LIVER PACK (1 HR OR OVER-NIGHT)	CASTOR OIL LIVER PACK (1 HR OR OVERNIGHT)	CASTOR OIL LIVER PACK (1 HR OR OVERNIGHT)
BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)	BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)	BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)	BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)	BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)	BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)	BEAUTY SLEEP BROW & LASH KIT (OVERNIGHT)
		DREAM HAIR KIT CASTOR OIL HAIR MASK (1 HR) *Optional				DREAM HAIR KIT CASTOR OIL HAIR MASK (1 HR)

Get started now

If you would like to get started with your very own kit, here are your options. Click on the button to get yours delivered to your door immediately!

Complete Thyroid Self Care System includes:

- Dream Hair Kit
- Castor Oil Liver Pack Kit
- Castor Oil Eye Compress Kit
- Castor Oil Thyroid Pack Kit

GET YOURS NOW

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3 Tools for Thyroid Self Care includes:

- Dream Hair Kit
- Castor Oil Eye Compress Kit
- Castor Oil Thyroid Pack Kit

GET YOURS NOW

Castor Oil Thyroid Pack Kit includes:

- Thyroid Pack
- Cosmetic Castor Oil 100ml (travel size)

GET YOURS NOW

Let's connect

Thank you so much for journeying with us. Let us know if you have any questions, comments or feedback, we love hearing from you!

Remember I cannot give you specific advice as I am not your doctor. This is simply for educational purposes.

But if you have any questions unanswered, please reach out! That can cause stress and if you think or know that you have thyroid problems, we want to avoid stress as much as possible!! Sound good?

Connect here anytime! Please!

Queen of the Thrones ®

care@queenofthethrones.com

@queenofthethrones

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